



*Calorie Control Council*

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Division of Dockets Management  
Food and Drug Administration  
Dept. HHS  
5630 Fishers Lane, Rm. 1061  
Rockville, MD 20852

RE: Docket Number 02P-0317

In February 2004, the American Dietetic Association (ADA) published its updated position paper, "Use of nutritive and nonnutritive sweeteners." A copy of the ADA paper, available at <http://www.eatright.org/Nutritive1.pdf>, is enclosed. Aspartame is among the sweeteners covered in the ADA's comprehensive document.

The ADA concludes that nonnutritive sweeteners, including aspartame, "are safe for use within the approved regulations. They can increase the palatability of fruits, vegetables, and whole-grain breads/cereals and thus have the potential to increase the nutrient density of the diet while promoting lower energy intakes."

In confirming the safety of aspartame, the ADA explains that aspartame is hydrolyzed in the body to aspartic acid, methanol, and phenylalanine. The ADA states "These components are found in much greater amounts in the normal diet in fruits, vegetables, meat and milk. For example, a serving of nonfat milk provides about six times more phenylalanine and 13 times more aspartic acid, whereas a serving of tomato juice has about six times more methanol than an equal volume beverage sweetened 100% with aspartame."

ADA is but one of the many scientific/health/medical groups that have reviewed the scientific peer-reviewed evidence and confirmed the safety of aspartame.

Respectfully submitted,

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Executive Vice President

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